

VOCAL FUNCTION EXERCISES

Source: Stemple et al. Efficacy of vocal function exercises as a method of improving voice production. *J Voice* 1994; 8:271-89.

Practice these exercises 2 times each, twice daily

- Voice as quiet as possible but not breathy
- Forward focus resonance
- Good breath support throughout

1. Warm Up

- Sustain "ee" as long as you can
- Women (W) on F above middle C (F4)
- Men (M) on F below middle C (F3)



2. Stretching

- Glide smoothly upward from your lowest to highest note on the word "whoop"

3. Contracting

- Glide smoothly downward from your highest to lowest note on the word "boom"

4. Power Exercise

- Sustain "oo" on five different notes (C-D-E-F-G) as long as you can on each note
- Women start on middle C (C4-D4-E4-F4-G4)
- Men start on one octave below middle C (C3-D3-E3-F3-G3)

